



**Elgin Community College
Wellness Services**

The Breakdown ~ #relationshipgoals

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- Vinny Cascio: Welcome to The Breakdown with your wellness professionals here at Elgin Community College, I'm Vinny Cascio.
- Angela Ogburn: I'm Angela Ogburn, and in this podcast we're going to break down some characteristics of healthy relationships. I think the first one we need to talk about is good communication.
- Vinny: Right, good communication is such a key factor in all of our relationships, but specifically our intimate ones with our significant others. It's so important to have an open and honest conversation with our partners about our thoughts, our feelings, and - believe it or not - even our goals.
- Angela: Right. We want to move in the same direction as our partners so that's really important. Good communication means that we're taking ownership of our thoughts and feelings. Using "I" statements. "I feel, I think, I want, I need." That kind of language is really important. A lot of times we shut people down if we say: "You need to do this," or "You should do that." Plus, we're also not psychic. As much as we want to be, we can't be psychic, and take ownership of other people's stuff.
- Vinny: Definitely. We want to remember to be respectful of each other's space. We get so immersed with each other in a relationship that we forget that "Hey, I don't want to suffocate you; I want to give you your space, and I want to have my own space." Also, acknowledge and validate each other's feelings. That's something that's so very important in a relationship.
- Angela: Absolutely. We also want to respect that time. Because we need time, but we also need that space and we need to be able to individually grow. We need to have our own stuff, our own hobbies, our own personal journey. We want to be a part of each other's journey, not kind of assume identity or ownership of being the other person.
- Vinny: For more tips on healthy relationships, come check us out at Wellness Services. We're located in B120 and open for you Monday through Friday. So until next time, guys, I'm Vinny Cascio.
- Angela: I'm Angela Ogburn.
- Together: And we're your wellness professionals.